

### Abstract of the Disclosure

One aspect of the invention provides a drag-inducing kickboard.

5 The kickboard has an undersurface. A funnel member projects from the undersurface and comprises at least one inner surface that is spaced apart from the undersurface to form a channel between the at least one inner surface of the funnel member and the undersurface of the kickboard. The funnel member is shaped to provide the channel with a

10 front opening for allowing water into the channel and a rear opening for allowing water to escape from the channel. The front opening has a cross-sectional area that is greater than that of the rear opening.